

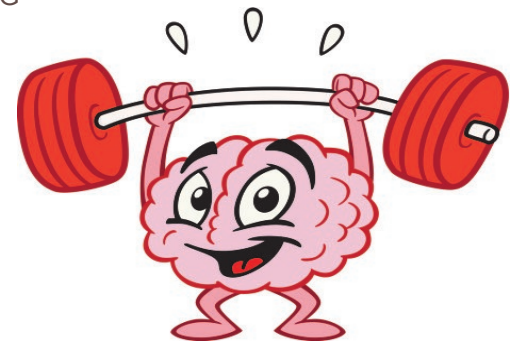
January 2016

UCU UWE

LISTENING TO THE NEEDS OF MEMBERS AND WORKING
TOWARDS A BETTER FUTURE.

Branch News

Staying mentally healthy at work



The workplace can affect your mental health either negatively or positively.

Most job roles and working environments will have stressors or risk factors for mental health. 'Job stress' (or work-related stress) occurs when people feel that the demands of their job are greater than their abilities or resources to do the work.

A range of factors can contribute to job stress, including:

- working long hours or overtime, working through breaks or taking work home
- time pressure, working too hard or too fast, or unrealistic targets.
- work that is monotonous and dull or does not use an employee's range of skills or previous training
- roles where a person has low levels of control or inadequate support from supervisors and/or co-workers
- lack of role clarity
- Bullying

***Remember to
keep an eye on
your bundles
and your stress!***

**DISCRIMINATION – WHETHER BASED ON GENDER, ETHNICITY,
RACE OR SEXUALITY.**

USEFUL RESOURCES

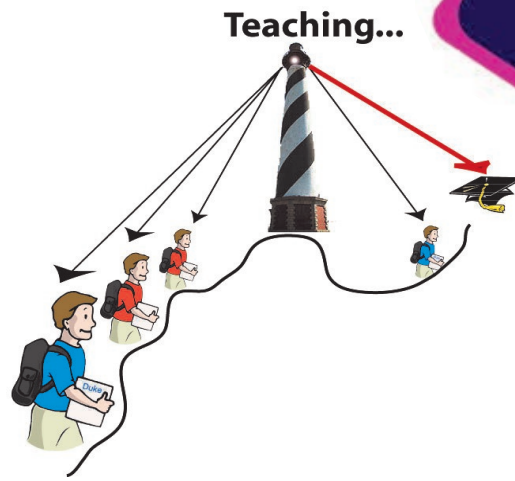
[beyondblue](#)

[Taking care of your mental health in the workplace booklet](#)





Don't get stressed
get angry– and
then get active!



THE TEACHING EXCELLENCE FRAMEWORK



Dear Member

UCU is pleased to announce that we are holding a series of meetings on the implications of the Green Paper and the coming Teaching Excellence Framework.



On Wednesday 17th February at 1 pm we will be holding campus meetings on Teaching and Learning : the implications of TEF and UWEs 2020 strategy. This will give you a chance to air your views and concerns.

Rooms Frenchay 2S601, Bower Ashton 1B13, Glenside 2K12

Then on Wednesday 24th (at 2 pm in room 2B025 Frenchay) we are holding a joint meeting with the university on TEF, with speakers including Deputy Vice Chancellor Jane Harrington and a representative from UCU.

**FURTHER DETAILS WILL FOLLOW - but get these dates in your diary!
Harriet Bradley, Secretary UWE UCU**

Newsletter Editor: Nicky Goodall
UCU Rep/ Recruitment Officer
All copy to be emailed to Nicky.Goodall@uwe.ac.uk